Français 3 Unité 3 – La santé et le bien-être

Interpretive Reading

**La gestion du stress au quotidien – Page 2**

[***http://www3.csmb.qc.ca/ecoles/Portals/14/Microsoft%20Word%20-%20Gestion%20du%20stress%20au%20quotidien\_VG.pdf***](http://www3.csmb.qc.ca/ecoles/Portals/14/Microsoft%20Word%20-%20Gestion%20du%20stress%20au%20quotidien_VG.pdf)

I. Key Word Recognition:

*Find in the article the French word that best expresses the meaning of the following*

*English words.*

*Des symptômes qui indiquent la présence d’un stress plus intense…*

a. on edge \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. crying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. loss \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Comment gérer son stress et comment aider son enfant à surmonter les stress intenses?*

*(Quatre premiers textes…)*

f. unforeseen events \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. to avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

h. imagined \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Quatre derniers textes…)*

i. planning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j. outcome \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

k. leisure time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Dernier paragraphe*

l. that suit you the best \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

m. on a daily basis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

II. Main Idea:

***Using information from the article****, describe the main purpose of this article in English.*

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III. Supporting details:

* *Circle the letter of each of the following details in the article that* ***are included*** *in the text.*
* *Write the French sentence in the article in the space provided below.*

A. Change in eating habits could indicate intense stress.

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B. Stress provokes higher levels of concentration.

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C. People react differently to the same event.

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D. One can avoid becoming over-stressed by playing down certain situations.

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E. It’s a good idea to forget past stress-producing situations, even if they turned out well.

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F. Taking time to have fun is a good way to reduce stress.

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IV. Inferences: *“Read between the lines” to answer the following questions, using information from the text. Your responses should be in English.*

1. What *general* symptoms associated with being over-stressed should a parent be able to identify in his/her child? What are at least two ways to help the child manage this stress?

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2. Select one of the above details and make a personal connection to it.

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